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## BOOK REVIEWS

IN CHARGE OF

GRACE H. CAMERON, R.N.

**THE SCIENCE OF EATING.** How to Insure Stamina, Endurance, Vigor, Strength, and Health in Infancy, Youth and Age. By Alfred W. McCann. George H. Doran Company, New York. Price, \$2.00.

The present volume is a new and enlarged edition of "This Famishing World," and in forceful, picturesque, and interest compelling language presents to the reading public the menace of the continued use of "manipulated foods." Mr. McCann has had a wide and varied experience in exposing food adulterations. He has initiated 206 successful prosecutions of food adulterators and has never lost a case. Incontrovertible figures show that over 200,000 children in New York City alone are suffering from under nourishment; that "in the last four years in the United States 3,000,000 little feet have ceased pattering," that in America's first draft, 500,000 of our "best" young men were rejected as physically unfit for service. The author demonstrates that right food is the corrective for all these unhappy conditions. The medical and scientific world are realizing, as never before, that many of the causes of malnutrition, anemia, neurasthenia, edema, diabetes, cancer, tuberculosis and other well known maladies are primarily caused by ill balanced diet and impure food. The author clearly, and in a most interesting way establishes the fact that refined foods are inadequate to the needs of the living animal. On the other hand, we are shown how the greater use of unrefined grains, ripe fruits, vegetables, milk and eggs will restore vitality and disease-resisting powers. Dr. Coleman of Flower Hospital says, "This book constitutes the most important contribution of a hundred years to the literature of health and right living." It is a book that should be studied by every dietitian and by those in institutions and all others interested in feeding the public, especially those who have the care of infants and young children.

**MORTALITY STATISTICS OF INSURED WAGE EARNERS AND THEIR FAMILIES.** By Louis I. Dublin, Ph.D.; with the Collaboration of Edwin W. Kopf and George H. VanBuren. Metropolitan Life Insurance Company, New York.

The volume contains the experience of the Metropolitan Life Insurance Company Industrial Department, 1911-1916, in the United States and Canada. "It is, however, more than a compilation of the